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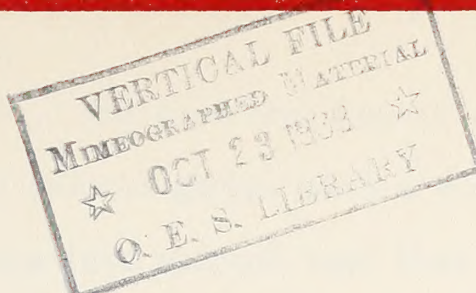






No. 364

(Digest from Market Basket  
of Oct. 4.)



October 5, 1939.

## BIG APPLE CROP THIS YEAR

Good news for apple munchers this year is that there are to be big supplies of earlier apples, especially of those good for eating fresh out of hand. And, according to estimates of the U. S. Department of Agriculture, the 1939 commercial crop of apples will be well above average - about one fourth again as large as it was last year.

With this colorful, large assortment coming to market, \_\_\_\_\_,  
(Name)  
\_\_\_\_\_, \_\_\_\_\_ points out some timely  
(Title) (Institution)  
apple buying, storing, and cooking tips from the Federal Bureau of Home Economics.

Uppermost in the mind of the woman who buys apples should be the purposes for which she wants them. Some apples are best just as they come off the tree. Others, more tart and firm, are better for cooking. Still others are good either way, although for cooking they needn't be fully ripe, as they should be for eating.

Useful in apple selection is an ability to recognize the more important commercial varieties, to know what sort of an apple each is. General-purpose apples on the market now are Jonathan and Grimes Golden. Delicious and McIntosh, both good for eating out of hand, are also ready.

Appearance and good color may indicate good quality in apples, but they do not insure it. So, before buying apples in large amounts, it is a good idea to try a sample lot first. It may be economical to buy them by the bushel or the barrel, if there's a well-ventilated place that is always cool but never







freezing in which to store them. One good arrangement is a cellar with a dirt floor. Another is an unheated room or garage with a window for ventilating.

When cooking apples, take into account that they are over 80 percent water. Therefore, use only enough water in apple sauce to cook the apples soft without scorching. Put just enough in baked apples to keep the fruit from sticking to the pan. And use no water at all in scalloped apples, pie, or apple brown-betty.

There's no better reason for eating apples than their pleasing flavor and the infinite variety of ways in which they may be prepared. But an apple is also a worth-while bit of nourishment. Eaten with the skin on, it helps to keep the digestive tract of a person in normal health in good order. And it contributes small amounts of vitamins C, B, and G. These contributions, especially those of vitamin C, take on importance when the apple is a frequent item in the diet.

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